

# Claims

- [c1] 1. An arrow hold down for use with a compound bow having a bow string and an arrow rest and a cable guard bar mounted above said arrow rest, said cable guard bar extending rearward from said bow and having a cable block slidably received on said cable guard bar, said arrow hold down comprising
- a pivot block secured to said cable guard bar and
- a holding apparatus pivotally secured in said pivot block, said holding apparatus comprising
- a forwardly extending arm having a tip adapted to press downwardly against an arrow on said arrow rest and
- a rearwardly extending trigger, said trigger having a transverse portion adapted to engage said bow string as an arrow is shot from said bow,
- whereby said arrow is held on said arrow rest by said tip and said tip is disengaged from said arrow in response to the motion of said bowstring as said arrow is shot from said bow.
- [c2] 2. The arrow hold down of claim 1 wherein said holding apparatus comprises a rod.
- [c3] 3. The arrow hold down of claim 2 wherein said rod fur-

ther comprises a pivot section between said forwardly extending arm and said rearwardly extending trigger, said pivot section extending through said pivot block perpendicular to a shaft of said cable guard bar.

[c4] 4.The arrow hold down of claim 3 wherein said rearwardly extending trigger comprises a first rod portion extending perpendicularly from a first end of said pivot section and wherein said transverse portion extends perpendicularly from a distal end of said first rod portion.

[c5] 5.The arrow hold down of claim 4 wherein said transverse portion is substantially parallel to said pivot section.

[c6] 6.The arrow hold down of claim 5 wherein said forwardly extending arm comprises a second rod portion extending perpendicularly from a second end of said pivot section and wherein said tip comprises an upwardly bent portion.

[c7] 7.The arrow hold down of claim 6 wherein said second rod portion of said forwardly extending arm and said first rod portion of said rearwardly extending trigger lie in substantially parallel planes.

[c8] 8.The arrow hold down of claim 7 wherein said second rod portion of said forwardly extending arm and said

first rod portion of said rearwardly extending arm are substantially perpendicular.

[c9] 9.The arrow hold down of claim 8 further comprising an elastomeric sleeve on said tip.

[c10] 10.A compound bow having a body, flexible arms attached to said body, each arm having a cable pulley for receiving a bow string, an arrow rest and a cable guard bar mounted above said arrow rest, said cable guard bar extending rearward from said bow and having a cable block slidably received on said cable guard bar, and an arrow hold down comprising a pivot block secured to said cable guard bar and a holding apparatus pivotally secured in said pivot block, said holding apparatus comprising a forwardly extending arm having a tip adapted to press downwardly against an arrow on said arrow rest and a rearwardly extending trigger, said trigger having a transverse portion adapted to engage said bow string as an arrow is shot from said bow, whereby said arrow is held on said arrow rest by said tip and said tip is disengaged from said arrow in response to the motion of said bowstring as said arrow is shot from said bow.

[c11] 11.The compound bow of claim 10 wherein said holding

apparatus comprises a rod.

- [c12] 12.The compound bow of claim 11 wherein said rod further comprises a pivot section between said forwardly extending arm and said rearwardly extending trigger, said pivot section extending through said pivot block perpendicular to a shaft of said cable guard bar.
- [c13] 13.The compound bow of claim 12 wherein said rearwardly extending trigger comprises a first rod portion extending perpendicularly from a first end of said pivot section and wherein said transverse portion extends perpendicularly from a distal end of said first rod portion.
- [c14] 14.The compound bow of claim 13 wherein said transverse portion is substantially parallel to said pivot section.
- [c15] 15.The compound bow of claim 14 wherein said forwardly extending arm comprises a second rod portion extending perpendicularly from a second end of said pivot section and wherein said tip comprises an upwardly bent portion.
- [c16] 16.The compound bow of claim 15 wherein said second rod portion of said forwardly extending arm and said first rod portion of said rearwardly extending trigger lie in substantially parallel planes.

[c17] 17.The compound bow of claim 16 wherein said second rod portion of said forwardly extending arm and said first rod portion of said rearwardly extending arm are substantially perpendicular.

[c18] 18.The compound bow of claim 17 further comprising an elastomeric sleeve on said tip.